

Unequal Partners: Teaching about Power, Consent & Healthy Relationships

Professional Development Workshop



What does the workshop cover?

The workshop is based on the book, *Unequal Partners: Teaching about Power, Consent, and Healthy Relationships*, a manual that has been praised and endorsed by many experts in the field. The workshop will employ interactive methods to help attendees explore the nature of power and consent, how to help young people identify the qualities and characteristics of healthy and unhealthy relationships, and strategies for finding help when they are in an unhealthy relationship.

Who should attend?

Target audience members include health educators, teachers, nurses, clinical staff, social workers, counselors, and anyone who works with young people.

Post-workshop information session:

Learn about current efforts in Nebraska to combat human trafficking. Current Nebraska research will be shared, along with the Nebraska Human Trafficking Task Force's goals, response system, and collaboration with community partners. Participants will be able to gain basic information on the definition of human trafficking and, recognizing it in the youth they serve, and connections to local resources.

LOCATION:

Kearney – Tuesday April 5, 2016

8:30 a.m. – 4:30 p.m.

Younes Center, Ruby 5
416 W Talmadge Rd, Kearney,
NE 68845

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Training Objectives

1. The learners will be able to describe the HERR model of healthy relationships.
2. The learners will connect the content of *Unequal Partners* to their own experiences and memories and so will have a deeper, more holistic connection to it.
3. The learners will identify aspects of adolescent relationships that are healthy or unhealthy.
4. The learners will identify how to judge power and powerlessness in the context of a relationship.
5. The learners will describe at least two criteria needed to give informed consent.
6. The learners will identify two ways that honesty, equality, respect, and responsibility can be integrated into a break-up.
7. The learners will describe the ways that advice giving can support adolescent relationships.
8. The learners will identify messages they feel are most important for teens to say about their relationships.
9. The learners will identify aspects of physical, emotional, psychological, and spiritual self-care that allow them to teach about difficult topics.

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Trainers

Bill Taverner, MA, CSE is the executive director of the Center for Sex Education and is the editor-in-chief of the American Journal of Sexuality Education. He has co-authored or co-edited many sex ed teaching resources, including Making Sense of Abstinence; Sex Ed 101; and many others.

Dr. Karen Rayne hold a PhD in Educational Psychology from University of Texas at Austin. She serve as the chair of the National Sex Ed Conference and as the Associate Editor of the American Journal of Sexuality Education. Her most recent book, Breaking the Hush Factor: Ten rules for talking with teenagers about sex, is designed to support all adults as they interact with young people grappling with their emerging understanding of identity and sexuality.



Registration

Space is limited! Registration due by March 25, 2016. Cost is \$25 per person.

Certificates of Completion will be awarded for 5.5 hours. Lunch and materials will be provided with registration fee.

This activity has been submitted to the Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP) for approval to award contact hours. The Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP) is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This program meets the criteria of an approved continuing education program for social work and mental health practice.

For More Information Contact: Nebraska DHHS Division of Public Health, Adolescent Health Program, michaela.meismer@nebraska.gov, 402-471-0538 or 800-801-1122.

TO REGISTER: Complete & mail this form with \$25.00 registration fee by March 25th.

Make check out to and mail to:

NE DHHS Adolescent Health Program

P.O. Box 95026

Lincoln NE 68509-5026

YOUR NAME _____

COMPLETE MAILING ADDRESS:

EMAIL ADDRESS (We will use this for confirmation of registration and unexpected cancellations.)

Please note dietary restrictions here: _____

Special Needs? Please contact Michaela Meismer at michaela.meismer@nebraska.gov